

Who Cares When



Every Bite

Is

Paradise

With or Without

Consequence

What's the sacrifice?

The psychological aspects and the impact of foods

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Chapter One

Many people find food as a safe haven. They mask their pain, frustrations, dissatisfaction, hurt and victimization in food. There are many facets to food, but; comfort is a major component. Feeling the comfort in enjoying a few bites of happiness stemmed from eating something enjoyable is what's experienced when you eat some foods. Weight becomes secondary to the enjoyable feeling that produces emotions of satiation. Sometimes; you have to take the happiness wherever you can get it. In today's world there are many people who are poor or financially challenged for a myriad of reasons, hence; they find some form of satisfaction in foods. Trying to make them understand the importance of a good weight loss plan is moot. They don't care and won't care about the weight loss when weighing the two major factors; happiness or concern about calories are the two primary components. They will always choose to be happy. If they are experiencing massive amounts of dissatisfaction, which produces stress, in so many other areas of their life, they will choose joy where ever they can find it. It's similar to looking for love in all the wrong places. People who do that, are looking for, not just a quick fix, but; something that will give them the emotional outlet they need now. That's happiness. Chemically; the body releases endorphins with every moment of satisfaction that you need to maintain a healthy balance. Serotonin levels increase with sadness affecting sleep patterns and other important aspects of your body. Adrenaline that creates motivation in the amygdala, which ultimately affect hunger and thirst. This region of the brain shuts on and off appetite or the feeling of satiation.

It's depicted in the man with the pot belly. Feeling inadequate in other areas will reveal its true nature in foods and patterns of overweight trends. You'll notice the patterns of being over- weight, from time to time, they'll create a cycle. They are the tell-tale signs of what's truly going on in your life. Aggravations and frustrations will surface with weight gain.

It's the parent who feels insubordinate for not being able to provide a fruitful life for their children. The scale takes a back seat to the frustration of economic hardships when you have the opportunity to shine in providing a good meal.

***W**hen it's time to shine, it's time to shine. You're worth every minute of glory. You'll take the fame where ever and whenever you can get it. Your family and friends is where you can usually receive the biggest level of support. That's a good place to cash in on the accolades.*



This is your fifteen minutes of fame with your family, friends or social group and you are going to take it. No one is going to be able to deprive you of feeling good about you even if it is going to cost you something in the long run. You won't abandon the

right to feel important and adequate even for a moment. The feelings of sufficiency for a mom, wife, friend or love one who prepares the dynamic meal is just what they may need in order to convey that they are a winner, if in the kitchen, a recipe or the love that they can't be expressed in any other way than with food, then they will proudly take it. Making a meal or eating a meal produces the similar self-gratification. A master piece is a master piece. If eating the self-prepared excellent meal that's achievable for you makes you feel good for today, it's good for you. You're worth it. The scale is not important to a person who is experiencing sadness when the only thing they have is food to

make them happy. The happiness stemmed from food that will give them the ability to go on, motivate them to do something is found in food. As often as they can capture these happy moments, minutes, hours they will take it, to off-set the sedative feeling that comes from serotonin being produced in mass quantities. What they are motivated to do, also rest in the power of foods.

This is the mid-life crisis that men experience when they look for a quick fix to their emotional deficit. We call it a deficit because they are missing something and they can't quite put their finger on it, because their body is going through such massive changes due to emotional ambivalences. Most of the emotional oscillation is stemmed from petulance. Capricious behaviors permeate their character because they are seeking the satiation that can be found in foods. Every food provides a chemical substance that your body needs in order to stay wholesome, healthy and happy. If you aren't getting it somewhere, you will look for it in other places; foods being one of those other places. Diet becomes secondary; whatever makes you happy becomes the new trend. You will look for that quick fix every day. If happiness comes in a box, let's open it up and get to it. Let the happiness begin.

Feelings of inadequacies will haunt you. Every male or female that reaches a point of non-performance will feel inadequate and they will look for other areas to help them cope with the inadequacies and someplace to compensate for their shortcomings.



The Pot-belly Syndrome is where men and women wear their feelings of stress and frustration. Their bodies will tell it all. Weight is disseminated in certain areas of the body based on the activity of the person. The activity is predicated upon mood, tone, energy and conditions. The condition of the body will generate the metabolism that affects the thyroid gland which affects appetite. Habits are established based on appetite. You will eat what you feel like eating even when you can afford to eat anything. The weight you carry will be based on your love life, or lack thereof. Sexual activity or lack thereof. I'm sure you have heard of the term over-compensating in

other areas. Well; that's one of the metaphors that rings true. You will begin to over-compensate in other areas when you feel dissatisfied in any area. Your body will begin to look for ways to repair itself. You will aggressively seek ways of fixing the problems in your life as a survival method. What appears to make you happy or satisfied is what you will gravitate towards. It's like the root of a tree gravitating towards the water source, or the plant that gravitates towards light in order to survive. The position of the plant begins to grow near what helps them survive. The photosynthesis processes in plants that helps them store the very thing that will cause them to grow and burgeon is the light that provides them with the energy to exist, is similar to a human or other beings gravitating towards and collecting the things that help them exist and function well. Gravitropism is the plant process that helps it gravitate towards the light in order to help it receive what it needs to survive. Auxin is one of the chemicals it produces to help facilitate this function. Auxin inhibits cell expansion in order to

manipulate the direction of the plant based on position. The human body produces a very similar process in growth. It gravitates towards the elements that help it sustain its existence. It feeds off of the components that produces the life it needs. Whatever you need at that time is what you will strive towards whether it is psychological or physiological.

Oftentimes; the chemical released after sex is relaxing, calming and soothing this is an endorphin that releases both adrenalin, dopamine and epinephrine. This sensation can be found in foods like chocolate, sugar, watermelon. While foods like oranges full of vitamin C will make you feel vibrant and replenished because it's revitalizing. That's exactly what your body is doing when you eat an orange, rebuilding cell structure, revitalizing itself.

Stress factors play a significant role in diet and exercise. You won't care about a healthy diet if the only happiness you have is in a bowl of ice cream or a box of cookies or cake. If ten cups of coffee a day makes you happy and function well, guess what, you're going to have it. You've gotta have it. If a happy not so healthy dose of pleasantness comes in a package of cookies and in a box of donuts and that's all you have, to eat or maybe that's all you can afford. You're taking it. If you can't afford a car to make you happy, but; there's a box of cookies for now, to make you happy today. You'll look at the car with disappointment, because you can't get that, as you grab the bag of chips, package of cookies, box of donuts because its obtainable and it helps to deal with the unsatisfied feelings in other areas. The dissatisfaction that generates petulance can be abated in comfort foods. There has to be another area where you can go



to get the things you need to create the joy you need.

It's like not having a good job or no job at all. It produces feelings of unhappiness stemmed from unachievable aspirations.



The inadequacies of not having or not being able to perform is frustrating. The satiation of being fulfilled is intoxicating and alluring. Food will generate a

chemical within the brain that will continue to induce the desire of the satisfaction stemmed from dopamine. Dopamine is a monoamine neurotransmitter found in the brain and is essential for the normal functioning of the central nervous system. Dopamine will avert hypertension. Hypertension can be caused by high levels of stress without a healthy balance. A healthy balance is feelings of good, fulfilled activities and foods to off-set the stress patterns. A good rest, comfort and secure emotions will create the components that produces the activity in the hypothalamus. That's located in the amygdala portion of the brain, affecting appetite, hunger and thirst. The amygdala's function controls the hypothalamus and the hippocampus and the cingulate gyrus; as part of the limbic system it plays an important role in motivation and emotional behavior.

What's the Sacrifice of eating what you want when you want? Who cares! That's the feeling of a person suffering from being overweight. Weight really doesn't matter at that time. It's secondary to so many other more important matters that is going on within their life and in their body. The most important factor is surviving and the way you survive is maintaining a healthy balance. A healthy balance is peace, joy and happiness. The pursuit of happiness is economical, healthy relationships and so much more. There is a plethora of things to make us happy in life and if the person who needs it can grab a hold of at least a few of those things, it is the key to their survival that becomes the pivotal point.

The importance of having something they can achieve to create the magnitude of satisfaction needed to not be over-whelmed with the components that will cause them an overabundance of sadness is all that matters.



Sacrificing a good figure to produce the emotional soundness vital for survival is paramount. The size 2, 3 or 4 is really not as important as being healthy and happy. The same as the man who wears a size medium verses the extra-large or X sizes won't be the primary concern when there are other more pressing matters. Everyday it's important to trigger the chemicals that produces adrenaline; it's vital to your hearts performance. It's the difference between your body producing lipids that will generate high cholesterol or sustain low cholesterol levels.

What you are willing to sacrifice for happiness, no matter how temporary it is, you'll take as a mode of survival. You need to feel happy sometimes to off-set

the sad times. Sorrow will drown you and if you can't seem to reach your goals for any reason, a good reason to feel good today is as good a reason as any.

Chapter Two

What Matters

What matters is the ability to achieve it all. To change you're thinking to have it produce what you need. To make it all work for you all the time. Sounds idealistic? It is. Can it work, it's all up to you. Who has the power to create change in your life; you. Do you have the power to change some things in your life? The answer is yes. Which things and how you change them is all up to you and the things you do.

First you need a healthy dose of reality. It's re-establishing the pillars in your life. The poignant triggers that produces the results. Granted you live in a place that will enable you to generate results. If you don't here's what you need to do. Some places create the stigmas, hurtles and other elements that lead to dissatisfaction and that's not a blame game, its reality. You need to know the difference. If you cannot find a job that may have very little to do with you or maybe it does. The first thing you need to establish is a reference point of what's creating the dilemma and what you need to do to remove the hurtles. If you are a God fearing person, it first should start with calling on a power higher

than yourself to help you achieve your conquest. Secondly; identifying the crisis or inadequacies. Overcoming hurtles in life, is empowering. It's time to start feeling powerful. That's a healthy emotion, not packaged.

Not everyone wants to be thin. In fact; after a while, when you aren't mastering your weight, it just gets on your nerves to even hear about it. The very thought of trying to lose weight is annoying. You begin to avoid the topic because it's just one more thing to do. The things that will take upon an extra challenge that you may not be able to accomplish. It looks like another hurdle or even a mountain that you just don't feel up to tackling.

Even if you want the ideal figure. Your assessment of your life should be based on what you deem as a personal choice, not based on what someone else thinks is perfect for you. Making you happy is the key to achieving every goal.



What matters to you may be very different from what matters to your family, your significant other or your friends. Who's most important and why. That's the question you should ask yourself. Why you choose to lose weight will be the reason that will continue to motivate you no matter what. Even though; your position, reason(s), or motivation may change over time as many things in life do, there will be something down on the inside of you, if you are the reason for the desire to lose weight, that will re-surface when all else fails. Life will throw you a few curve balls and it's up to you to get adjusted to the unexpected changes it will bring. Does that mean that you will stay the same size and that weight will be your primary goal? Absolutely not! Sustenance will play a significant role in diet and weight. Happiness and peace will be a very real factor in your ability to maintain and sustain a comfortable weight. Over 85% of the American population is overweight. They have not bounced back from their high school or college weight and some don't want to. Whatever the ideal weight is for you it's important to know why it's important. Then understand what's keeping you from the ideal things in your life. That's what matters.

See it may initially seem as though you are not reaching your highest potential because you can't do it. Sure you can. It's the other areas in your life that have spilled over. Like a pot of rice that has reached its boiling point and has begun to spill over on the stove. These things create a pattern. It will start to define you if you allow it to. You will start to look at yourself and life based on what happens. Taking the power back from those things that are generating the results is vital. You need to be in control of you and the things that happen to you especially when it concerns your existence, and that's part of mastering your health. Your health is what motivates you to do what you do.

Foods that matter are fruits and vegetables we all know that. When do you have an opportunity to get them, eat them and enjoy them? Can you afford to prepare them the way it's comforting to you. Do you even know how to make it good to you? That's the key to life is knowing what matters to you. That is the epitome of success knowing how to make it good for you. Who cares if it's good

for someone else all the time if it's never good for you? You certainly don't. Let's be honest, most people look at life as what's in it for me. The other small group of people look at life as what's good for me, those I love, and those who love me, and the rest I can help, if I can help them.

Chapter Three



The ability to eat healthy is not always a choice. Eating on the go, and deciding what's most economical is most often the determining factor.

Developing eating habits will create a basis for appetite that will over power your choices.

Volition verses budget. That's a very poignant concept we are faced with every time we plan a meal.

Deciding what to eat is a major hurdle for most people. It's not just what you eat that counts. It's how much you eat and when you eat it, but; try telling that to someone that has so many other things that are pressing and far more important, how to eat healthy. It's a major challenge. The person on the go is also a person who doesn't think about healthy eating or weight. Eating habits generate the triggers that affect

appetite. We all know that appetite is what determines what we eat, when we eat and how often we eat; habits. These are the determining factors for success. You won't always exercise. You won't always want to eat healthy and you certainly won't always have the luxury of being the perfect weight. When you don't have those options you need to know what else you have to hold on to that will generate a basis for sustaining a good healthy weight. Weighing yourself to make sure you haven't gained weight won't be the most opportune option. You just won't care if you are not at a happy place, physically, spiritually or emotionally. You see a lot of over-weight religious people who claim to be very happy and quite fulfilled, but; their weight is a major problem. Let them tell it, their blessed all the way around and have life all figured out. Everything is going their way. Well; oftentimes; life isn't going our way all the time, but; it's nice when we can get a handle on the nucleus' that make life fun and fulfilling.

Then there are those who don't have any spiritual or other basis for being the way they are. They can't figure out, in this day and age, why life isn't producing the fruitful harvest of cornucopia. They are literally clueless, regarding the things that make them happy. A quick fix doesn't only come in the form of fast food, it comes in the form of habits that generate the trend of eating.

Instant gratification will become the rule of thumb (the way you live your life) if you continue on this path. The ability to accept less than the best will eventually become your character trait. Psychologically; this pattern will evolve into behaviors of mediocrity. This is where your weight issues truly become an issue. The ability to define the things that are acceptable to you, based on your value are the most valuable aspects of your personality.

Defining you based on the things you do, are the intricate statements you are making every day.

Chapter Four

Foods have always made people happy at times when they couldn't find any other means of happiness. During wars, battles and victories food have always made their way to the table as a means of celebration or mourning. We use foods as a way to mask our pain to celebrate life or to merely drown our sorrows. For centuries kings and queens have made food a festive occasion to feast on the opulence of fortune and privilege. We become more creative in the kitchen and sometimes perhaps not, but; who cares you'll eat it regardless. When it's not working, it's just not working. Your performance here, there and everywhere will become the focal point, until you change it. You'll look for things to help you change unfavorable results, even when they are not the right ones. You'll keep trying and trying until you reach something that works. That's your survival mode emerging.

Since food is the quintessence of our existence, it is often times difficult to establish a happy medium with everything else that's going on in our life. The appropriate foods for the proper time is essential to a healthy balance, but; who can tell you that when you are experiencing a set back or a dilemma? Even if they could, do you really want to hear it; no, and you certainly won't listen. You will give yourself what you need when you need in spite of popular opinion.

There is a lot of thought, planning and devotion that goes into dieting. It's important not to overthink it. You won't always live that way. Your diet will be short lived and so will your weight. Life is full of ups and downs and your weight doesn't have to be one of those things. The factors in life are what attributes to your weight gain and lose. You need to learn how to separate those things from your weight. It's certainly easier said than done, but; the good part about it, is that it can be done.

Good Luck with your challenge. Guess what, it's already being conquered because you're taking the steps to change your thinking and that's where it starts. I'm with you on this one. It works because I've been there, and I'm here again. I'm taking the challenge thank you for taking it with me.

Feeling Good About You, No Matter What You Do

You're Worth It